

HIAWATHA

COMMUNITY CENTER

SPRING/SUMMER 2004

**You Can Count on Us for Recreational,
Educational, and Cultural Programs**



***JOIN THE FUN ON THE PLAYFIELD AT THE ANNUAL MEDITERRANEAN FANTASY
FESTIVAL THE THIRD WEEKEND IN JULY!***



Hiawatha Community Center

2700 California Ave SW

Seattle, WA 98116

206-684-7441

Fax: 206-923-1691

Hiawatha Community Center

Hiawatha Community Center

2700 California Ave SW
Seattle, WA 98116-2451
Phone: 206-684-7441 Fax 206-923-1693

Visit us online at www.seattle.gov/parks!

Hours of operation

Monday, Tuesday, & Thursday	1 – 9 p.m.
Wednesday & Friday	10 a.m. – 9 p.m.
Saturday	10 a.m. – 5 p.m.
Sunday	Noon – 5 p.m.

Additional Hours of Operation

*Open to participants in programs funded by
Hiawatha Advisory Council*

Monday, Tuesday, & Thursday	10 a.m. – 1 p.m.
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Holiday closures

May 31, Memorial Day
July 4, Independence Day

Program registration

Registration is open now for all spring and summer programs except summer day camp.

Program dates

Spring	April 5 – June 20
<i>Classes begin the week of April 12 unless otherwise noted.</i>	

Summer	June 21 – September 3
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E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

You can make a difference!

Hiawatha Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held at 7 p.m. on the fourth Tuesday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. If you'd like to get involved, please contact our staff at 206-684-7441.

Most activities are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation,

donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Professional Staff

Ken Bounds, *Superintendent*

B. J. Brooks, *Deputy Superintendent*

Christopher Williams, *Operations Director*

Katie Gray, *Southwest Parks & Recreation Manager*

John Hermann, *Recreation Center Coordinator*

Carolyn Piksa, *Assistant Recreation Center Coordinator*

Al Mason, *Recreation Attendant*

Dorothy Talamaivao, *Teen Development Leader*

Walter McCarthy, *Maintenance Laborer*

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental brochure. (<http://www.seattle.gov/parks/reservations/facrentalguide.htm>).



Summer Camp Fun

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for more information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its

start (or before the second session of a class), may receive a refund minus a service charge.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information..

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

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Fitness

Adults

Hiawatha Weight Room

The small Hiawatha weight room contains a five station universal gym weight machine, an exercycle, treadmill, and stairstepper. Use is restricted to adults who purchase a monthly membership. Youth 15-17 may use the weight room when accompanied by an adult. Fees are \$15 per month or \$35 for 3 months.

Age: Adult; 15 to 17 if accompanied by an adult

Mon – Fri
10 a.m. – 9 p.m.

Fees: \$15.00 per month;
\$35 for 3 months

Saturday 10 a.m. – 5 p.m.
Fees: \$15.00 per month; \$35 for 3 months



Classes



Hatha Yoga for Beginners

This is a non-competitive traditional system for improving strength, flexibility, and energy for the body, mind and spirit. It is a 3000-year-old life science that can help you attain a healthier body and a more peaceful mind. Yoga brings balance of internal and external awareness, integrating breathing (pranayama) and physical postures (asanas).

Instructor: Roz Boyd

Wednesday 5 – 6:30 p.m.	7 wks	\$62
Wednesday 6:30 – 7:45 p.m.	7 wks	\$62
Saturday 10 – 11:30 a.m.	7 wks	\$62

Session 1

April 14 – May 26

Session 2

June 2 – July 14



Summer Day Camp – See Page 6

Dance, Music, Drama

Performing Arts & Dance

Middle Eastern Dance **Ages 15+**

Learn veil, zillwork, cane, basic steps, and body movement in this exciting traditional dance.

Instructor: "Sian"

Thursday 7:30 – 8:30 p.m. 8 wks \$52

Tap Dancing **Ages 15+**

Learn basic technique while following in the foot-steps of Fred Astaire and Gregory Hines. Tap your way in real style in this lively class.



Instructor: Dorothy Poplawski

Wednesday 6 – 6:55 p.m.
8 wks \$52

Youth and Tots

Rhythms **Ages 4 – 15**

Your child will explore direction, spatial awareness, loco-motor skills, and simple dance movements to a variety of rhythms.

Instructor: Dorothy Poplawski

Wednesday 3:30 – 4 p.m. 10 wks \$21

Middle Eastern Dance **Ages 10 – 14**

Learn veil, zillwork, cane, basic steps, and body movement in this exciting traditional dance.

Instructor: "Sian"

Thursday 6:30 – 7:30 p.m. 8 wks \$52

Youth and Tots



Tap Dancing **Ages 5 – 14**

Get your child following in Gregory Hines' foot-steps. Basic steps and simple routines focusing on rhythm and timing will be taught.

Instructor: Dorothy Poplawski

Wednesday

Beg 5 – 8 4 – 4:30 p.m. 10 wks \$21

Int 8 – 12 4:30 – 5 p.m. 10 wks \$21

Adv 9 – 14 5 – 5:30 p.m. 10 wks \$21

Babies Sing and Play **Ages 6–16 mos.**

Come celebrate spring by singing, dancing, exercising, and playing instruments. For parents and babies.

Instructor: Cindy Rothwell

Monday 11 – 11:45 a.m. 9 wks \$67

Nature Music for Toddlers **Ages 15 mos – 3 yrs**



Come sing and dance about worms, bees, butterflies, and li'l critters. Play simple instruments. Dance to hoops and scarves. For caregiver and toddler.

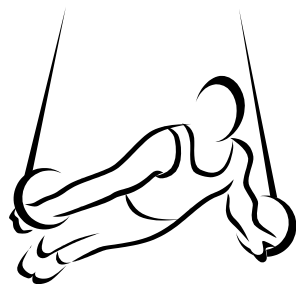
Instructor: Cindy Rothwell

Monday 10 – 10:45 a.m. 9 wks \$67



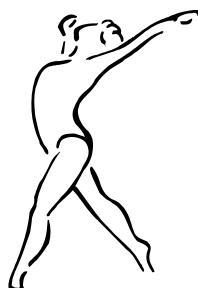
Gymnastics

Classes are taught by U.S.A.G.-certified instructors and operated under U.S.A.G. guidelines. Fees include insurance coverage. A seven-week session will begin the week of March 22 and end the week of May 18. This program focuses on body awareness, coordination, and self-confidence. Older age groups will work on specific U.S.A.G. skill goals.



Director: Allison Osborn

Parent/Tot	Age 3	
Tuesday	1:30 – 2 p.m.	\$45
Grasshopper	Ages 3 – 4	
Monday	11:30 a.m. – Noon	\$45
Monday	12:15 – 12:45 p.m.	\$45
Tuesday	12:15 – 12:45 p.m.	\$45
Monday	1 – 1:30 p.m.	\$45
Tuesday	2:15 – 2:45 p.m.	\$45
Firefly	Ages 4 – 5	
Monday	3:30 – 4:15 p.m.	\$59
Monday	2:45 – 3:30 p.m.	\$59
Tuesday	3:30 – 4:15 p.m.	\$59
Butterfly	Ages 6 – 9	
Monday	4:30 – 5:30 p.m.	\$79
Monday	5:30 – 6:30 p.m.	\$79
Tuesday	4:30 – 5:30 p.m.	\$79
Tuesday	5:30 – 6:30 p.m.	\$79
Dragonfly	Ages 8 – 12	
Monday	6:30 – 7:30 p.m.	\$79
Tuesday	6:30 p.m.-7:30 p.m.	\$79



Summer Day Camps

These weekly camps will feature arts, crafts, sports, games, field trips, swimming, cooking, and more. They run Monday – Friday from 7 a.m. – 6 p.m. Registration begins April 4 at 7 p.m. The weekly fee is \$135.

Program Director: Anna Coronado

Mon – Fri 7 a.m.-6 p.m. Jun 21-Sep 3 \$135/wk

Dragonfly Camp

For children entering 3rd, 4th, and 5th grades

Director: Natalie Wiggins

Grasshopper Camp

For children entering 1st and 2nd grade

Instructor: Amanda Kirk

Summer Day Camp Programming Schedule

Week 1	June 21 – June 25
<i>Out of this World</i>	
Week 2	June 28 – July 1
<i>Stars and Stripes</i>	
Week 3	July 6 – July 9
<i>Jungle Jam</i>	
Week 4	July 12 – July 16
<i>Beach Blast</i>	
Week 5	July 19 – July 23
<i>Creepy Things</i>	
Week 6	July 26 – July 30
<i>World of Sports</i>	
Week 7	August 2 – August 6
<i>Strange Science</i>	
Week 8	August 9 – August 13
<i>Exploring Our Planet</i>	
Week 9	August 16 – August 20
<i>Wacky Water</i>	
Week 10	August 23 – August 27
<i>Blast from the Past</i>	
Week 11	August 30 – September 3
<i>Back-to-School Special</i>	

Sports

Adult

Free Open Basketball

Spring

Mon 1 – 2 p.m.

Fri 1 – 2 p.m.

Sat Noon – 5 p.m.

Summer

Tues 6:30 – 9 p.m.

Thurs 6:30 – 9 p.m.

Sat Noon – 5 p.m.

Summer Tennis Lessons

Develop forehand, backhand, volley, and serve in these five-week sessions.

Instructor: Karl Bergquist

Fees: \$75.00

Adv Beg Tues & Thurs 6 – 7 p.m. \$75

Intermed Tues & Thurs 7 – 8 p.m. \$75

Session 1

June 22 – July 22

Session 2

Aug 3 – Sept 2

Free Open Volleyball

Monday 6:30 – 9 p.m.

Youth

Spring Track

Ages 8 – 14

Your child will be taught the basics: a proper warm-up, running mechanics, starts, sprint, middle-distance and long-distance running, and field events. Practice twice a week beginning in April, and participate in meets through June 1. Register now. \$32

Summer Girls

Soccer Camp

9th – 12th Grade

A camp for experienced high school players who want to sharpen skills before the fall season starts.

Director: Paul Weisz, West Seattle High School Coach

Mon, Jul 19 – Fri, Jul 23 9:30 a.m. – Noon \$75

Youth

Summer Tennis Lessons

Develop forehand, backhand, volley, and serve in these five-week sessions.

Instructor: Karl Bergquist

Fees: \$75.00

Ages 8 – 10 Tues & Thurs 4 – 5 p.m.

Ages 10 – 13 Tues & Thurs 5 – 6 p.m.

Session 1

June 22 – July 22

Session 2

Aug 3 – Sept 2

Fall Girls Volleyball

Ages 10 – 13

Participate in this increasingly popular sport. Teams will be formed for 10–11-year-olds (5th & 6th graders) and 12–13-year-olds (7th & 8th graders). Registration begins June 1. Practices begin August 22. Coaches are needed. If you would like to coach or are interested in organizing a team, call the center immediately.

Summer Basketball

Camps

Ages 9 – 14

For experienced players who wish to improve skills. These very popular annual camps will be held at the center or West Seattle High School. Each camp runs from 10 a.m. to 12:30 p.m. Monday through Friday. \$50

Boys Camp

Director: Greg Kalina, O'Dea H.S. Coach

July 12 – July 16 10 a.m. – 12:30 p.m.

Girls Camp

Director: Velko Vitalich, W Seattle H.S. Coach

June 21 – June 25 10 a.m. – 12:30 p.m.

Hiawatha Playfield Batting Cage

The cage is available year round.
Pick up the key at the center.

Children's Activity/Care Programs

Pre-School

Time For Tots Co-op Preschool

Learn through play the cooperative way where parents and children learn together. Children need to learn about friendly faces, imitating, speaking, exploring and shapes. As parents, you can learn songs, games to play, and many things that will help your child develop. Spend one day a week with your child. Discuss ideas with a teacher and other parents.

Instructor: Dorothy Poplawski

1½ year Wed 10 a.m. – Noon \$21/mo

2–3 yrs Thurs/Fri 10 a.m. – Noon \$42/mo

4–5 yrs Wed–Fri 12:30 – 3 p.m. \$63/mo

Learning Ladder Preschool

Your three- or four-year-old will be proud to attend his or her own school. The mornings are filled with fun and learning. Play-time includes creative and dramatic play, arts and crafts, circle time and field trips. Learning-time introduces your child to the ABC's and 123's, as well as science and math. Your child will learn age-appropriate social skills. \$45 registration fee; \$120 per month.

Instructor: Nan Tate

Tues & Thurs 9:30 a.m.–Noon

Interviewing now for Fall 2004. To apply e-mail learningladderpreschool@hotmail.com

Learning Ladder Pre-Kindergarten

This fun class is designed to help prepare your 4 – 5-year old for the academic and social challenges of kindergarten. Free play with toys, arts and crafts, outdoor play, and field trips are included in the curriculum. \$45 registration fee; \$180 per month.

Instructor: Nan Tate

MWF 9:30 a.m. – 12:15 p.m.

Interviewing now for Fall 2004. To apply e-mail learningladderpreschool@hotmail.com

School Age

Before & After School Program K – 5

A program designed to serve the needs of working parents and to provide children with social, physical, and recreational activities within a safe and caring environment.

Program Director: Anna Coronado

Before School 7 – 9 a.m. Mon–Fri \$175/mo

After School 3:15–6 p.m. Mon–Fri \$230/mo

Hiawatha Community Center Site

Site Director: Suzi Wiggins

Schmitz Park School Site

Site Director: Amanda Kirk

School Year Day Camps

These fun and well-supervised camps for kids will feature arts and crafts, sports, games, field trips, and swimming.

Spring Break Day Camp Grades K – 5

Apr 5 – Apr 9 7 a.m. – 6 p.m. \$110

Register Now!

Director: Anna Coronado



Play is fun at Learning Ladder Preschool!

Teens

Weekly Program

Weekly Drop-in Program for Middle and High School Youth

This drop-in activity program for middle school and high school youth operates Monday through Friday from 2:30 to 9 p.m. The goal of the program is to provide fun, safe, and supervised activities that will enhance social, fitness, and life skills. Daily sign-in and -out will be required. Call Teen Development Leader Dorothy Talamaivao for further information.

Mon – Fri

2:30 – 9 p.m.

Supervised Study Hall and Activity Program for Middle School Youth

Monday through Friday from 2:15 to 6 p.m., Recreation Leader Amphone Rasasombath will provide direct supervision for 6th and 7th graders. She will pick up youth after school at Madison. Daily activities include a mandatory study hall, a mandatory sustained silent reading program, and daily use of the game room. Once-a-week trips to popular in-city attractions will be taken. The monthly fee is \$100.

Mon – Fri

2:15 – 6 p.m.

\$100/mo

Special Programs

Spring Break Middle School Camp

This camp is designed for 6th, 7th, and 8th graders.

Mon, Apr 5 – Fri, Apr 9

7 a.m. – 6 p.m.

Cost: \$110 per child

Youth Appreciation Week April 5 – 9

Kick-off Event

April 5

Hiawatha BBQ April 9

Noon – 2 p.m.

Other Special Events TBA

Special Programs

Summer Teen Camp

This camp is designed for youth entering the 6th, 7th, and 8th grades. It features daily field trips to in-city locations such as Seattle Center, the Seattle Aquarium, Green Lake, Alki Beach, Safeco Field, the Arboretum, Mount Baker Rowing and Sailing Center and MORE! In addition to daily hang time activities and weekly community service opportunities, there are overnight camping excursions and trips to water theme parks.

Registration begins April 4; the first week of camp will begin June 21.

Director: Brannon Orton

Mon – Fri

7 a.m. – 6 p.m.

Cost: \$140 per week



Family Luau Night

Friday, May 14, 2004

Come enjoy the exotic culture of the Pacific Islands.

5 – 8 p.m.

Dinner & Floor Show

9 p.m. – Midnight

Hawaiian Family Dance

Cost \$10

Sponsored by Hiawatha Advisory Council, West Seattle Pacific Islander's Club, Hiawatha Teen Program, and Pro Parks

Family Special Events

Piatigorsky Foundation Concert

Friday, March 19 3:30 p.m.

Join Cellist Evan Drachman for an hour of classical music in the wonderful auditorium at the center. Evan is coming to us courtesy of the Piatigorsky Foundation of New York City as a collaborative effort of Senior Adult Advisory Council and Hiawatha Advisory Council.

Flashlight Hunt

Ages 12 – 15

Friday, April 9 8 p.m.

Hunt for all types of goodies and small prizes. Don't be left out! The fun begins at 8 p.m. at Hiawatha Community Center.

Spring Hunt

Ages 3 – 11

Saturday, April 10 10 a.m.

The hunt will begin promptly at 10 a.m., so be here early enough to find the proper age group hunting area on the field.

Kids Fun Fest

Ages 5 – 11

Friday, July 16 Noon – 3 p.m.

Hours of fun featuring carnival games, refreshments, dunk tank, children's entertainment, face painting & more. Last year's event featured appearances by the Seattle Fire Department, the Seafair Pirates and West Seattle Hi Yu Court. **Sponsored by Husky Deli & West Seattle Hi Yu.**

Mediterranean Fantasy Festival

Saturday & Sunday July 17 & 18

Bring your family and enjoy this locally-sponsored festival that focuses on the dances of the Mediterranean area. The festival features non-stop music and entertainment in a spacious outdoor setting, with over 275 dancers from all over the West Coast. The grounds will be festooned with the bright tents of vendors selling a wide variety of ethnic crafts and goods – everything from jewelry to complete belly dance costumes. Traditional Greek food – always a favorite of the weekend – will be on-hand.

Children's Entertainment

Comedy and Magic!

Entertainment for the Whole Family!

This spring the Saturday Children's Entertainment program will focus on the lighthearted. Bring the whole family to all of these exciting and wonderful performances!

Parent and Child – \$4

Whole Family – \$6

Performances begin at 2 p.m.

Saturday, March 20 – Professor Payne

Straight from The Wizards International School of Magic, the "Prof" will entertain with magic and science. Get ready Harry Potter followers!

Saturday, April 24 – Magician Toby Wessel

Join your neighborhood magician for delightful magic and fun.



Saturday, May 22 – Clowns Unlimited

Enjoy the antics of a great clown.

Birthday Parties

Ages 4 – 10

Looking for a birthday party? Let us help you. Our auditorium is available Saturdays and Sundays for parties. It will be decorated. Games will be provided. Indoor play equipment is available. A staff member will be provided to lead activities. All you have to do is

bring the party favors and the refreshments. Forget the hassle, and enjoy the fun of your child's special day. Reservations must be made in advance.

Cost \$125.



Senior Adults

Senior Adult Program Classes at Hiawatha

Register by walk-in, mail, and phone. Make checks payable to Senior Adult Advisory Council and mail to Senior Programs, Southwest CC, 2801 SW Thisle St, Seattle WA 98126. To register by phone, call 206-684-7438.

Line Dancing

This dance craze doesn't require a partner. It's fun, easy, and great exercise.

Instructor: TBA

Tuesday 10:45 – 11:45 a.m.
\$18



Tap Dancing

Learn basic technique while following in the footsteps of Fred Astaire and Gregory Hines. Tap your way in real style in this lively class.

Instructor: Dorothy Poplawski

Wed 6 – 6:55 p.m. 10 wks \$21

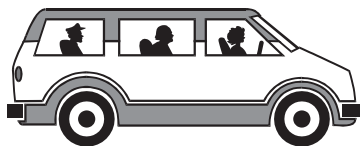
Middle Eastern Dance

Learn veil, zillwork, cane, basic steps, and body movement in this exciting traditional dance.

Registration for this class must be made at Hiawatha.

Instructor: "Sian"

Thurs 7:30 – 8:30 p.m. 8 wks \$52



Van Trips

Day trips once a week! Please call 206-684-4951 for a detailed list to be mailed to you. Trips will include: Places of Worship, DeGoede Tulips, Seattle Rep, "Kiss Me Kate", Leavenworth Maifest, Bloedel Reserve, Museums, Edmonds Art Festival and Port Townsend.

A traditional activity for the active person. No pre-

Piatigorsky Foundation Concert

Friday, March 19 3:30 p.m.

Join Cellist Evan Drachman for an hour of classical music in the wonderful auditorium at the center. Evan is coming to us courtesy of the Piatigorsky Foundation of New York City as a collaborative effort of Senior Adult Advisory Council and Hiawatha Advisory Council.



Pickleball

Enjoy this exciting game with other active seniors in the gym three days a week. No registration; just bring a paddle.

Age: Seniors

MWF 10 a.m. – Noon Free

Volleyball

registration necessary; just drop in.

Tuesday 11 a.m. – 12:30 p.m. Free

Thursday 10 a.m. – Noon Free



ENVIRONMENTAL STEWARDSHIP

Earth Day 2004

Thursday, April 22 is Earth Day^{1/2}

Seattle Parks and Recreation invites you to celebrate Earth Day at a park or community center near you. We have more than 150 opportunities for you and your family to explore, learn about, or care for your world.

To learn more, please call 206-684-4075,
or Adam Cole, 206-733-9701,
[http://www.seattle.gov/parks/ Environment/earth.htm](http://www.seattle.gov/parks/Environment/earth.htm)

Lead a "Spring Clean" neighborhood cleanup project where you live or work	Seattle Public Utilities March 27 – May 15	Call: 206-233-7187, or visit: www.seattle.gov/ util/ept/ springclean/
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SOUTHWEST POOL DAILY SCHEDULE SPRING 2004



April 3 - June 20

MONDAYS AND WEDNESDAYS

6:00-7:30 AM*	Early Morning Lap Swim	
12:00-1:30 PM	Adult/Senior Adult Swim	
1:30-2:00	Adult Swim Lessons	
3:00-4:00	Lap Swim	
4:00-5:30	Swim Lessons	
5:30-6:30	Lap Swim(3 lanes)	
5:30-6:30	Masters Workout(3 lanes)	
6:30-7:30	Swim Lessons	
7:30-8:15	Hydro-Fit Water Exercise	
7:30-8:30	Public Swim (<i>shallow end</i>)	
8:30-9:30	Adult Swim	

TUESDAYS AND THURSDAYS

12:00-1:30 PM	Adult/Senior Adult Swim	
1:30-2:30	Senior Adult Water Exercise	
2:45-3:45	Middle School Program	
4:00-5:00	YMCA Swim Team	
4:15-5:00	Competitive Stroke Class	
5:00-6:00	Lap Swim	
6:00-7:30	Swim Lessons	
7:30-8:30	Public Swim	
8:30-9:15	Hydro-Fit	
8:30-9:15	Adult Water Aerobics	

FRIDAYS

6:00-7:30 AM*	Early Morning Lap Swim	
12:00-1:30 PM	Adult/Senior Adult Swim	
1:30-2:30	Family Swim	
3:00-4:00	Lap Swim	
4:00-5:30	\$1.00 Public Swim	
5:30-7:00	Lap Swim(3 lanes)	
6:00-7:00	Masters Workout(3 lanes)	
7:00-8:00	Family Swim	
8:00-10:00 PM	Rentals (call to schedule)	

*Admission by swim ticket only

SATURDAY

10:00-11:00 AM	Youth Swim and Fitness	
10:30-12:00 PM	Swim Lessons	
12:00-1:00	Adult/Senior Adult Swim	
1:00-2:00	Public Swim	
2:00-10:00 PM	Rentals (call to schedule)	

SUNDAYS

11:00-12:30 PM	Adult/Senior Adult Swim	
12:30-2:00	Swim Lessons	
2:00-3:00	Family Swim	
3:00-4:00	Special Pops Lessons	
4:00-5:00	Public Swim	
5:00-6:00	Lap Swim	
6:00-10:00 PM	Rentals (call to schedule)	

2004 FEES

Recreation Swimming

Youth (1-18)	\$2.25	
Adult (19-64)	\$3.25	
Senior Adult (65 & over)	\$2.25	
Special Populations	\$2.25	

Fitness

Non-Rec. Spa, Weights, Sauna use	\$3.25	
Masters/Water Aerobics/	\$3.75	
Hydro-Fit/Aqua Jogging		
Senior Adult Water Exercise	\$2.50	
Spa in addition to admission	.50	
Showers	\$2.00	
Recreation Admission Ticket	\$20.00	
Fitness Admission ticket	\$30.00	

POOL CLOSED

Memorial Day 5/31

For a complete Southwest Pool schedule please call (206) 684-7440.
Southwest Community Center and Pool is located at 2801 SW Thistle



SOUTHWEST POOL AQUATIC FITNESS PROGRAMS

ADULT SWIM

A recreational swim period for adults 19 and over. Fast, medium, and easy lanes available for fitness swimming.

(All lanes in during busy sessions.)

M - F	Noon - 1:30 PM
M & W	8:30 - 9:30 PM
Saturday	Noon - 1:00 PM
Sunday	11:00 AM - 12:30 PM

LAP SWIM

This program is designed for the serious swimmer, and those who want to work on conditioning. Fast, medium, and easy lanes are available.

M & W & F	6:00 - 7:30 AM
M & W & F*	3:00 - 4:00 PM
M & W	5:30 - 6:30 PM
T & Th*	5:00 - 6:00 PM
Friday	5:30 - 7:00 PM
Sunday*	5:00 - 6:00 PM

***Please Note:** Private swim lessons may be taught during these times.

PUBLIC SWIM

A recreational swim period for all ages. You may bring your clean masks, fins and snorkels, life preservers into the water

Monday - Thursday	7:30 - 8:30 PM
(Monday and Wednesday are shallow end only)	
Friday	4:00 - 5:30 PM (\$1.00)
Saturday	1:00 - 2:00 PM
Sunday	4:00 - 5:00 PM

FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/ guardian must accompany youth under 18 years of age.

Friday	1:30-2:30PM, 7:00-8:00PM
Sunday	2:00-3:00PM

SENIOR ADULT WATER EXERCISE

Shallow end senior adult water exercise provides a recreational as well as a therapeutic time for seniors. Participants can expect increase strength and flexibility while improving the cardiovascular system. No swimming ability required.

T & Th	1:30 - 2:30 PM
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ADULT WATER AEROBICS

Shallow end water aerobics is a workout consisting of warm-up, stretching, 30-minutes of aerobic activity, and cool down. No swimming ability required.

T & Th	8:30 - 9:30 PM
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HYDRO-FIT

Hydro-Fit is a deep water, low-impact, adult water exercise program that can efficiently work the whole cardiovascular system. The use of specially designed buoyancy and resistance apparatus provide a demanding workout for the legs, as well as the upper body. Some deep water swimming ability required.

M & W	7:30 - 8:15 PM
T & TH	8:30 - 9:15 PM

MASTERS WORKOUT

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Mon & Wed	5:30-6:30 PM
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**Southwest Pool offers a comprehensive swim lesson program.
Call 206-684-7440 for class information and registration dates.**



Neighborhood Groups and Recreation

Alki Bathhouse Art Studio

Construction Begins!

Construction on the Alki Bathhouse began February 2, 2004, and we expect it will be completed this August. During construction, the building will be gutted, the end walls removed, but the north and south facades containing the multiple windows will be renovated. A new dormer will also be added to the south facade giving the building more presence on the street. The interior will contain a new multi-purpose space flanked by an art studio on one side and a pottery studio on the other side.

The 2000 Pro Parks Levy included \$412,000 to fund Bathhouse improvements. The Friends of Alki Bathhouse have contributed an additional \$116,000 toward the project budget, and are still raising monies for such features as outdoor showers, kitchen cabinets, and exterior trellises.

Alki Community Center

Friday Night Skating

Bring the whole family to the center from 7 to 9 p.m. each Friday. If you don't have your own skates, you can borrow a pair from the center.

Parent/Child Hang Out Time

Get out of the house and the rain. Have fun with your child and other parents and children. The center has a room set up for you every Monday, Tuesday, Wednesday, and Thursday from 10 a.m. to 2 p.m. Call 206-684-7430 for more information.

Admiral Neighborhood Planning Coalition

The group is actively participating in the neighborhood planning process. For more information, call Bob Shives at 206-932-7282.

Friends of Hiawatha Athletic Field

Hiawatha Community Center Advisory Council and Friends of Hiawatha Athletic Field recently completed preliminary plans for improvements to the athletic field at Hiawatha Playfield. Friends of Hiawatha Athletic Field will meet as needed until this unfunded project is completed. Members are Rob Wunder, Phoebe Russell, Mark Minckler, Shirley Tupper, and Dennis Ross. Call John Hermann at 206-684-7441 for further information.



Mail to: Hiawatha Community Center • 2700 California Ave SW • Seattle, WA 98116-2451

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs *only*. Ask recreation staff for day camp registration forms as needed.



Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the **adult** who is financially responsible for the **family account**.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____
Name Phone Relation

PARTICIPANT info differs from above. How does it differ? _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

How would you like to pay?

Person making payment _____
(required for proper refunding)

Cash *(Please do not send cash through the mail.)*

Check or Money Order # _____

Visa Mastercard American Express

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

Staff Use Only

Authorization (Ref) #: _____

**PLEASE INCLUDE
PAYMENT**

For
mail-
in
only

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____



Hiawatha Community Center
2700 California Ave SW
Seattle, WA 98116-2451
206-684-7441

Visit us at www.seattle.gov/parks



Morgan Beiler and Sparky pal around at the Kids Fun Festival. The annual event will be held Friday, July 16.

Wading Pool



The Hiawatha Playfield Wading Pool opens the first week in July. It operates Monday through Sunday from Noon to 7 p.m. on sunny days when the temperature is at least 70° F.



Piatigorsky Foundation Concert

Friday, March 19 3:30 p.m.

Join Cellist Evan Drachman for an hour of classical music in the wonderful auditorium at the center. Evan is coming to us courtesy of the Piatigorsky Foundation of New York City as a collaborative effort of Senior Adult Advisory Council and Hiawatha Advisory Council.



Adults should check out the center's Yoga and Tap Dance classes.

Volunteer Opportunities

This spring, volunteers are needed for the annual Spring Hunt which will be held April 10. Call 206-684-7441 if you are interested in helping.

How to Sell Your Own Home Saturday, May 1 9:30 a.m. – Noon

Barbara Korducki addresses how to prepare and price your home for sale, legal issues, forms and inspections, marketing strategies, and negotiating issues.

\$7